

Meet the Life Enrichment/Wellness team

Katie Escribano, Life Enrichment/Wellness coordinator

Katie's background includes a master's degree in community counseling and extensive experience in human services. "My passion is working with people, and I tend to be endlessly crusading to better people's lives," Katie says. "Our Life Enrichment/Wellness program is right on the mark. There is nothing more rewarding than coming to work every day with the goal of enriching lives. I find the smiles, laughter, and growth that we see

daily to be incredibly rewarding. Touchmark is a very natural fit for me." In her spare time, Katie enjoys doing everything and anything outside, especially camping with her husband, Billy, and their chocolate lab puppy, Sylvie.

Melissa Pickett, Life Enrichment/Wellness assistant

Several months ago, Melissa volunteered to call out bingo at Touchmark and knew there was something special about Touchmark that she wanted to be a part of. As

Life Enrichment/Wellness assistant, she loves coming to work every day and is excited to start a Scrabble club. "The Life Enrichment/Wellness program is something I've never seen before," she says. "It combines wonderful activities that seem to have a sense of family present."

Nanci Christenson, Life Enrichment/Wellness assistant

Nancy recruits and manages volunteers, assists with event planning, and helps develop intergenerational programs and volunteer opportunities. "I have a passion ... to fill this important time of (residents' lives) with encouragement, support, and dreams of possibilities that are endless," she says.

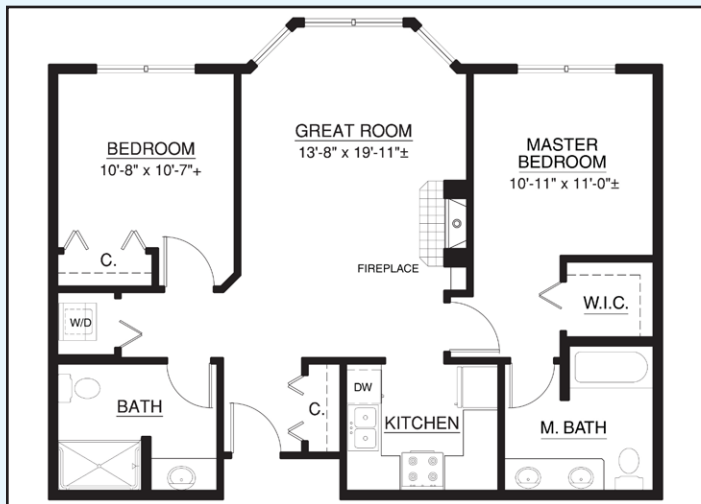
Andrew Wolff, Life Enrichment/Wellness assistant

Andrew enjoys the creativity and diversity of his job and getting to know the residents on a one-on-one basis. Andrew, who is studying to become a nurse, enjoys helping out with the junior-high group at his church and hopes to be a missionary one day. ■



The Life Enrichment/Wellness team is (from left) Melissa Pickett, Nanci Christenson, Katie Escribano, and Andrew Wolff.

Ring in the new year in a new home



The retirement of your dreams is closer than you think—apartment 237, to be exact! This 952-square-foot home offers expansive views of the Butte des Morts Country Club and features two bedrooms, two bathrooms, and a cozy gas fireplace. Make Touchmark on West Prospect your base camp for the active lifestyle you deserve.



Put out your welcome mat at this Roosevelt cottage. This lovely 1,810-square-foot home offers two bedrooms, two bathrooms, and the lifestyle you've been looking for. Special features include granite countertops, hardwood floors, ceramic tile, a wet bar, a three-seasons room, and spacious closets. Call or stop by today for a personal presentation.

Imagine— and Live— the Possibilities!



Marge Coalman, EdD
Vice President of
Wellness & Programs,
Touchmark

“We all have possibilities we don't know about. We can do things we don't even dream we can do.” — Dale Carnegie

The theme for 2011 in all Touchmark/Waterford communities is Imagine—and Live—the Possibilities! The intent of this yearlong focus is to nurture and support the unique talents, skills, hopes, wishes, and dreams of people who live and work in Touchmark communities.

Over the years, it has been a thrilling journey to help residents and team members discover amazing possibilities. They have planned and realized rafting trips, cruises, contests and competitions, physical activity challenges, talent shows, performing arts productions, and many more adventures.

To help meet the needs of people less fortunate, residents partner with agencies and individuals. They sew, knit, and crochet garments and blankets for children and adults. They gather food, socks, cookies, and books to distribute near and far. They generously give their time and talents as well as their resources to students who need extra help, *(cont.)*

(cont.) hospitals, organizations serving meals, and other charitable causes.

There are countless stories of individual residents pursuing lifelong learning as they pick up a paintbrush or digital camera to explore a new hobby. Residents have shared their creative writing, poetry, and recipes. They welcome newcomers and encourage them to participate in classes and opportunities to pursue their own learning goals. Activities as diverse as computer skills and new dance trends have been introduced to willing learners. All of these came from imagining—and living—the possibilities.

This is not a new concept for Touchmark. The focus in 2011 will be to develop even more of the possibilities. If you would like to help plan and promote the Imagine—and Live—the Possibilities! theme, contact Life Enrichment/Wellness Coordinator Katie Escribano. The talents, time, energy, enthusiasm, and support of each resident and team member will cultivate the yearlong emphasis on personal and community possibilities. ■

Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Mondays and Thursdays, 5 to 6 pm

Strong Bones exercise program. Touchmark and Nancy Krueger of Aging & Disability Resource Center present this evidence-based strength-training program, developed by the Hancock Center at the Friedman School of Nutrition Science and Policy at Tufts University. This program comes at minimal cost and maximum benefit and includes progressive weight training, flexibility, balance activities, and nutrition education.

Thursday, Jan. 13

Watch *Eat Pray Love*, starring Julia Roberts, and enjoy activities inspired by the movie throughout the day. At 2:30 pm, relax with hand massages, aromatherapy, tea tasting, chocolate treats, and more. At 4:30 pm and 5:30 pm, enjoy an Italian dinner prepared by Touchmark's chef. At 7 pm, watch the movie on the Touchmark channel (number 124).

Tuesday, Jan. 18, 7 pm

American Barn Stories on the Touchmark Channel.

Tuesdays, Jan. 18 and 25, 2:30 pm

Book Club Kickoff Party. Two Appleton North High School students will lead the club. There will be lively discussions, food, and a movie to finish each book.

Wednesday, Jan. 19, 3:30 pm

Trip to Barlow Planetarium for *More Than Meets the Eye*.

Wednesday, Jan. 26, 3 pm

Visually Impaired Support Group. Learn about aids/devices while sharing support with others.

Change one letter in each word to name a food.

1. mill: _____
2. batter: _____
3. tune: _____
4. meet: _____
5. born: _____
6. demon: _____
7. fork: _____
8. reef: _____

Answers: milk, butter, tuna, meat, corn, lemon, pork, and beef

Recent events



Bob Huelsbeck and Eve Broussard are presented with pineapples as they are named the Hula Grand Champions at a recent Hawaiian theme dinner. A hula dancer entertained the crowd during both dinner seatings.



The Touchmark Troubadours wowed the crowd with their musical talents during a recent performance, which included duets by Mike Mapes and Karen Cain. Mike's daughter, Macy, played some piano songs. They wrapped up by singing *Silent Night* in German and inviting the standing-room-only crowd to join in English. "It was a touching evening, and it was great to see our Touchmark family enjoying each other so much," says Life Enrichment/Wellness Coordinator Katie Escribano. Pictured are (from left): Jake Wagner, Ned Galloway, John Dionne, Jean Ormson, Rob Schwarzbauer, Clyde Jones, and Earl Zwicker.

Just for laughs!

Hilarious Newspaper Headlines

1. Police Begin Campaign to Run Down Jaywalkers
2. Stolen Painting Found by Tree
3. Two Sisters Reunited after 18 Years in Checkout Counter
4. If Strike Isn't Settled Quickly, It May Last a While
5. Man Struck by Lightning Faces Battery Charge

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